

## Crustless Smoked Salmon, Leek, and Mushroom Quiche

### Ingredients:

- 4 eggs
- 1 and 1/2 cup milk, cream, unsweetened soy milk, or a combination (use lo fat)
- 6 ounces or so smoked salmon
- 1 large leek, with white and light green parts sliced (about 1 cup) or substitute shallots or onions
- 1 small red pepper, chopped (about half a cup)
- 4 oz raw mushrooms (wild or shitake are nice but any will do)
- 3/4 cup shredded cheese - almost any kind or combo is fine, but not too much strong-flavored cheese such as parmesan
- 1 teaspoon dry mustard
- 1/2 teaspoon thyme
- pinch of cayenne pepper or a bit of hot sauce
- paprika, salt, and pepper



### Preparation:

1. Preheat oven to 375 degrees F.
2. Saute' leeks in a little olive oil. When they begin to soften, add mushrooms. After a minute or two, add the peppers. Add a little salt, and cook for 3-4 minutes. Just before taking off heat, add the thyme.
3. Meanwhile, crumble salmon in pie plate. Cover with vegetables when done, and then sprinkle with the cheese.
4. Also meanwhile, blend eggs, milk (or other), mustard, cayenne or hot sauce, salt (about 1/2 teaspoon, but less if salmon is salty), and pepper. You can use an eggbeater or whisk, but a blender works really well.
5. Pour the egg mixture over the rest of the ingredients, and sprinkle with paprika.
6. Bake for 35-50 minutes. Start checking after half an hour. If it's getting too brown but the middle is too liquid, cover with foil. When done, the center will still be a bit loose. Take it out of the oven or the rest will overcook. In 5 minutes, the center will be done.

Nutritional Analysis: Each of 6 servings has 2.5 grams carbohydrate, 2 grams fiber, 18 grams protein, and 200 calories

<http://lowcarbdiets.about.com>

WOW Tip: Use low fat cheese to minimize saturated fat content.